

## **A Frictional Resistance Exercise Apparatus**

### **Abstract**

An exercise device adaptable for exercising that utilizes both a weight and rope friction to provide load resistance is described. Preferred embodiments of the exercise device are adapted for use in conjunction with a doorway and an associated door. By selectively wrapping a rope, which is connected to the weight on one end and a grip on the other, around a cylindrical member, the effective load experienced by a user pulling on the handle is multiplied many times in excess of the weight's mass. By removably attaching the exercise device to the door and the doorway, no additional framework is required thereby making the device relatively lightweight and compact.